

PIONEER PRESS

A monthly newsletter created by the residents, for the residents of ESH.

16th Edition, March-April 2009

Never Wanna Come Down From You

By Andrew Privott

One look into your eyes,
I feel so free N alive,
One kiss from you, I'm in another place in time.
One touch of you, the touch of your soft skin, silky hair, soft lips, to your fingertips
always a rush of highs I never wanna come down from you,
All your emotions or facial expressions, from smiles to concerned or worry looks,
to the pleasant tone or sound of your voice, no surprise you're the one that opens
up my eyes, tell no lies, complete truth with you in us,
I love you through out all time of mine.
Never wanna kiss touch or love no other just you my love, never wanna comedown from
you, I feel so alive n free my heart slows to feel your gentle touch
to always live to kiss you to feel stillness of time with you
as I look into your eyes with perpetual love with you.

Every Aspect of You

By Andrew Privott

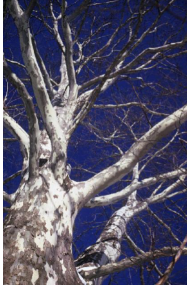
Every aspect of love , I say to you is more than love n truth, its all heart, more than words or books or fairy tales could ever tell. Your my passion, all my satisfaction n joy in wonders in beauty God could ever give to me or man, You say how many more memories or moments with me, I say all my love thick n through from me to you every conversation, smile or laugh or the beautiful silence of you with you, countless kisses, touch feelings or expressions with us, even when your not around to see to you love your the solace of all my thoughts when I think of you, in my eyes your the utopia of all women I ever wanna be with.

Just to get a glance of you walking by quickens me, to hear your voice refreshes me, in all reason or purpose or faith driven in me there's no other woman or place I rather be so help me God, I love you tremendously, well make the differences in life.

Share all of me with you, loving you faithfully to the best of me till the end of me, giving you all my love in heart in soul till god takes my #.

You say why you, I say sometimes in life when everything went wrong, god gives you a passage that brings two together through time in life to journey together, to love nurture each other for love and faith, help and support and be as one in life together, patiently, unconditionally, honest love devotionally with you and understandably.

You ask n say you want what everything my heart desires, well love my heart desires you and life and the best of things we can ever have to share or accomplish together in life. In all aspects of love with us between us and god always love you for you.



TREES IN WINTER

Leafless branches are like arms,
 Some raised heavenward
 In supplication,
 Others, expansive, embracing the air.
 So human they seem,
 Entreating some god,
 Or enfolding the best-beloved.
 May our responses be as simple,
 Uncomplaining, and direct.

Bea Rosenberg

(Bea's son lives in a group home near Rochester, New York)

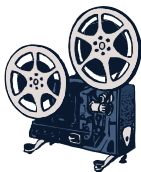
MEALS ON WHEELS

By Andrew Privott



Hi I'm Andrew Privott and I went on meals on wheels with Kathy Swindells. Meals on Wheels is taking meals to the people who need meals and look forward for meals on wheels because they have no other way to get the food they need.

It is so good to see their faces light up when you knock on their door saying meals on wheels and helping others being able to eat. So if you would love to do meals on wheel its every 3 or 4th Monday or you can ask Kathy Swindells and I'm sure if you like helping others you will enjoy it like I do.



Movie Review *By Andrew Privott*

J.C.V.D.

The mussels from Brussel is back. Legendary Jean Claude Vandamme made an artsy, poetic, action film, playing himself in the film about his life ups and downs of dreams, love drugs or price of fame. You can rent the J.C.V.D. film block buster under new release. If you can understand French, it is in French. If you like it in English it has the feature with no subtitles. It will make you laugh, feel, maybe get sad, in the longest hours of the day, seem more longest hour of the day. So go watch Jean Claude Vandamme. Also a great sound track, bluesy and soft music. I say best French Man to ever live the martial art, action movie and love the dream in life. So see ya till next time.

My Plan for Success While at Eastern State
By Robert Bellmore

Structure and responsibility are more important to me now than they have ever been in my life. I am putting together a plan as follows; that I believe will help me grow into a stronger, more positive person. My life is important to me and I hope others will see this and respect me accordingly. This is how my plan goes:

1. My Treatment Team is important to me. Maintaining contact on a regular basis, weekly at first, will help me navigate my path. We will go over my Risk Management Plan as well as my WRAP plan and risk factors once a month. I shall keep them abreast of what is going on with me and when something negative or positive comes up, I will let them know.
2. I will always be aware of rules and regulations, wherever I am, and be compliant of such.
3. I will maintain motivation and pay attention during structured activities of any kind while in the hospital or community.
4. I will keep all of my appointments and maintain connections to all contacts, taking initiative when needed.
5. I will pay attention in all core groups, taking notes and inquiring of my Case Manager about "said" participation in each.
6. I will maintain a positive attitude in everything I do.
7. I will maintain good attendance at work and will be a strong voice in doing so.
8. I will work with my Case Manager to build a positive regime of groups that will fulfill my needed responsibilities.
9. I will examine my life, as it is, through a journal I will go over once a week.
10. I will combat laziness by staying involved, working hard on my recovery and maintaining good focus.
11. I will keep the peace, be honest, and respect others and their stuff.



Shout- Outs



The members of the Pioneer Press would like to dedicate this issue to Dr. Mazzarella. We thank her for all her encouragement and dedication to the residents of Eastern State Hospital.



By John Midgette

To Dr. Deborah Mazzarella, PSY, D, Director of Psychology. Hello. We sure have missed you while you have been out. Your input in our groups is great. You are so missed. Please hurry back to work. The groups I'm in with you are the PRB, the Pioneer Press, and Peer Support. Your leadership here means a lot to me. Your Friend and Patient, John Midgette.

By Andrew Privott

Hey, there is a special person who has genuine work ethics and cares for the patients who work with her in Peer Support, the Patient Response Board and also with the Pioneer Press. Her presence when you talk to her is always a pleasure because she treats you with respect, kindness, consideration and is always open to new ideas for you when you work to have a positive growth in all your strengths you can reach within yourself, among you, how you are doing, or with the caring she shows with the peers that participate in the PRB, also with the Pioneer Press, even with the Peer Support. She is very supportive, intellectual and takes a lot of her time than most ESH staff. She is honest, real, supportive, and helping you be able to make your potential inside you reach to far heights in positive ways in the things you can accomplish, such as in your writings or being a great Peer Support, or helping in PRB to have a voice for the patients and yourself here at ESH. If it was not for hard working genuine positive heartfelt people like Debbie Mazzarella, the peers or individuals here at ESH she worked with would not have reached to positive greatness among their selves. So for me it was a blessing, and an honor to have worked with her, a positive experience to learn, or talking to her for her opinion and the supportiveness she always showed.

SO I THANK DR. MAZZARELLA FOR EVERYTHING SHE HAS TAUGHT ME OR HELPED WITH ME.

By Bryan A. Sanderson

To whom it may concern,

My experience as a Firefighter/Paramedic taught me how to observe. I used this training to locate dangers and hazards both on Fires & Motor Vehicle Accidents as well as observing patients for signs and or symptoms. I want everyone to know what I have observed in Dr. Debbie Mazzearella. I met Dr. Mazzearella when I enrolled in the Certified Peer Support Specialist Program held in the Hancock Building on Eastern State Property. I have noticed that with some Mental Health Professionals it was easy to detect the consumers in the room by the way some Mental Health Professionals speak to them. I have noticed this behavior in many Mental Health settings in several areas of Virginia. That was not the case with Dr. Mazzearella. She was kind, knowledgeable, and respectful to all and had a sense of humor which was very refreshing. I liked Dr. Mazzearella, her staff and the Consumers/ Patients so much I applied to be a volunteer at Eastern State Hospital. My experience both as a mental patient and the President of the Firefighters Union I have noticed several issues in the Mental Health Community. Having worked with both patients and staff I see issues and frustrations that the patients have from intuitional living and the stress that the staff have with both personal and political challenges. The one thing that I'm sure of that Dr. Mazzearella puts patients first and is the glue that keeps the relationships together at Eastern State Hospital. It is my observation that she is missed by many and it shows on faces of the people that she comes in contact with on a daily basis.

Kind Regards,
Bryan A. Sanderson



The Valentine personals were such a hit that we will be opening up a "Personals" column for anyone who wants to submit a shout out or a hello. *FREE*. Just drop a line in any Pioneer Press Box.

Nutrition Facts

By Florence Blankenship

I grew up on a farm so I've been singing milks praises all my life. Nutrients in three (3) glasses of low fat or fat free milk a day can help you maintain a healthy weight and the protein helps build muscle.

SPORTS HIGHLIGHTS

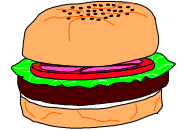
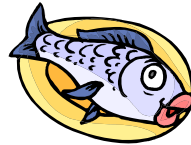
By John Midgette, Sports Editor

Redskins picked up defensive tackle Albert Haynesworth from Tennessee. Contract was \$100 million over seven years, \$41 million guaranteed. An NFL RECORD!

Another Redskins splash, DeAngelo Hall had two interceptions with the Redskins last year after his mid-season signing. The Redskins awarded him with a big contract. DeAngelo Hall, \$54 million over six years, guaranteed money of \$22.5 million. Also, Redskins signed veteran punter Dirk Johnson.

The Tennessee Titans bring back Kerry Collins. Quarterback Kerry Collins agreed to a two year contract for \$15 million. Tennessee holds NFL's best 13-3 record last season.

The Dallas Cowboys wide receiver Terrell Owens was released and has resigned with the Bills but while at Dallas, T.O. had 38 touchdowns with 235 catches. Terrell Owens signed a \$6.5 million one year deal with the Buffalo Bills.



FOOD SHOW *By Shawn A. Claitt*

All I can say is three words, LIP – SMACKING – GOOD. To the readers of the Pioneer Press, I myself, Shawn A. Claitt was invited and delighted to attend the Virginia Annual Food Convention at the Fabulous Virginia Pavilion this year. I also had the pleasure of being escorted by one or should I say the very important employee, Mr. Paul B. Anderson and Ms. Shirley Harris and Peer Counselor Ms. Ann. All three were just perfect hosts for me. They eased by spirits as far as being a resident of Eastern State Hospital. Hanging out with the Big Dogs. But they told me to be myself, have fun and get your eat on (smile). And a very big thank you to our three supervisors' along with the kitchen staff, Mr. Paul B. Anderson, Miss Angie, Ms. Jane and how could I ever forget Ms. Janis for inviting me to the Annual Food Convention. Thank you to Miss Corliss Jones, Mr. Curt Ward, Mr. Cornell Smith and Mr. John Midgette who also attended. To all Eastern State employees and residents, if you're looking for a full stomach and a really good time, if you have to walk, run, come by train, plane or car, make it your business to be at the next Virginia Pavilion Food Convention. God Bless and always, yummy for your tummy.



FOOD SHOW *By John Midgette*

On March 18th and on a Wednesday, I went to the Food Show at the Virginia Beach Pavilion with the Canteen workers, Ms. Corliss and Curt Ward. My name is John Midgette, patient here at Eastern State Hospital. I was invited by Corliss. I'm so pleased to have gone. I tried a sample of seafood, hamburgers, hot dogs, steak, pork roast, barbecue and more. It was delicious. We spent almost four hours there. It was a packed house of people there as well. Since I lived in Virginia Beach for 10 years, I was hoping to bump into maybe some old friend but I did not. Thank you Corliss and Curt for the ride and fun.

